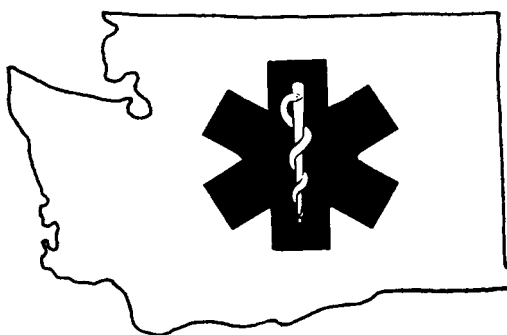


# WASHINGTON STATE

DEPARTMENT OF HEALTH  
HEALTH SYSTEMS QUALITY ASSURANCE DIVISION  
OFFICE OF EMERGENCY MEDICAL  
AND TRAUMA PREVENTION



## FIRST RESPONDER FIELD PROTOCOLS



**These protocols have been reviewed and endorsed by the Medical Program Directors and the Department of Health, Licensing and Certification Advisory Committee.**

**For questions or comments, contact:**

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**These First Responder Field Protocols are State Protocols that establish the standard for field performance. EMS County Medical Program Directors may NOT have protocols that vary from these without specific written approval from the Department of Health. Any deviation from these protocols must be identified to and approved in writing by the Department of Health.**

**THESE FIELD PROTOCOLS WERE DEVELOPED AND WRITTEN WITH THE ASSISTANCE OF THE FOLLOWING INDIVIDUALS:**

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## Introduction

These protocols were developed by the Washington State Protocol Work Group based on the Washington State First Responder Curriculum, Revised March 1998, and represent the consolidation of medical procedures for emergency prehospital patient care, from many local and national sources.

These protocols were developed for use by First Responder trained and certified personnel. No person may provide any treatment they are not trained to provide AND are not certified by the Department at the required level of certification.

The assessment information in the General Orders is intended to be considered with all protocols. In addition, the General Medical Assessment should be considered with all medical protocols, the General Trauma Assessment should be considered with all trauma protocols, and the Pediatric Assessment should be considered with all pediatric protocols.

### **These protocols are intended to:**

1. Provide direction for the use of appropriate emergency medical care procedures, based on the Washington State First Responder curriculum training modules (identified on pages iv and v of the curriculum), to be used by First Responder certified personnel while working under the direction of the County Medical Program Director;
2. Provide for the standardization of prehospital care in Washington State;
3. Provide base hospital physicians and nurses with an understanding of what aspects of patient care have been stressed to EMS personnel and what their treatment capabilities may be;
4. Provide EMS personnel with a framework for prehospital care and an anticipation of supportive orders from Medical Control;
5. Provide the basic framework on which Medical Control can conduct quality improvement programs.

### **They are not intended to:**

1. Be a replacement for “on-line” medical control;
2. Be a teaching manual for EMS personnel. It is assumed that EMS personnel are appropriately trained and that each person will continue to meet the state's continuing education requirements for recertification. It is further assumed that the County Medical Program Director will provide continuing education based on the results of patient care audit and review;
3. Interfere with the wishes of the patient or family;



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## **FIRST RESPONDER GENERAL ORDERS**

### **I. Complete the First Responder Assessment**

- A. Scene size-up/assessment
  - 1. Body substance isolation per agency exposure control program
  - 2. Scene Safety
- B. Initial patient assessment
  - 1. Alert, responds to Verbal stimulus, responds to Painful stimulus, Unresponsive
  - 2. Airway - Breathing - Circulation
    - a) If EMS NO-CPR form/bracelet intact, follow protocol for EMS NO-CPR
  - 3. Consider ALS response and support as identified in the regional patient care plan
- C. First Responder physical exam
  - 1. Patient and injury specific
  - 2. Perform physical examination using DOTS
    - a) Deformity, Open Injury, Tenderness, Swelling
  - 3. Protect the patient's modesty
- D. History
  - 1. SAMPLE
    - a) Signs and Symptoms, Allergies, Medications, Past pertinent medical history, Last oral intake, Events leading to Illness or Injury
- E. Ongoing assessment
  - 1. Repeat and record initial patient assessment, including time
  - 2. Reassess mental status
  - 3. Maintain open airway and monitor breathing for rate and quality
  - 4. Reassess pulse for rate and quality
  - 5. Monitor skin color and temperature
  - 6. Re-establish patient priorities
  - 7. Reassess and record vital signs, include time
  - 8. Repeat first responder physical exam pertaining to patient complaint or injuries
  - 9. Check interventions
  - 10. Comfort calm and reassure the patient

### **II. Communications**

- A. Radio report to next level of care
  - 1. Identify EMS service
  - 2. Patient's age, sex, and primary complaint or problem
  - 3. Physical assessment findings including, vital signs and level of consciousness
  - 4. Pertinent history as needed to clarify problem (medications, illnesses, allergy, mechanism of injury)
  - 5. Treatment given and patient's response
  - 6. Estimated time of arrival
- B. Verbal and written report (see page 33)
  - 1. Verbal report to next level of care
  - 2. Written Report
- C. Consider critical incident stress debriefing as necessary

### **III. Transportation**

- A. Arrange and assist with transportation as necessary
- B. Continue ongoing assessment and patient care

### **IV. Clean, Service and Restock Vehicle and Equipment**



## **ALTERED MENTAL STATUS**

### **I. General Orders (see page 5)**

### **II. Signs and Symptoms**

#### **A. Use AVPU Mnemonic To Determine Level Of Responsiveness**

1. Alert and oriented
2. Responsiveness to verbal stimuli
3. Responsiveness to painful stimuli
4. Unresponsiveness

#### **B. Attempt To Determine Cause Of Altered Mental Status, If Possible, E.G., Overdose, Medical Condition By SAMPLE History Or Trauma Assessment**

1. Signs and symptoms
2. Allergies
3. Medications
4. Pertinent past history
5. Last oral intake
6. Events leading to the injury or illness

### **III. Role of First Responder/Emergency Medical Care**

- A. Provide oxygen and/or ventilatory assistance as necessary, if not done during Initial Patient Assessment (see Oxygen Delivery, page 36)
- B. Do not leave unattended

### **IV. Pediatric Considerations**

- A. Attempt to determine cause; i.e., hypoglycemia, poisoning, post seizure, infection, head trauma, hypoperfusion
- B. See above for emergency medical care

## **BEHAVIORAL EMERGENCY**

**CAUTION:** Be alert, patient behavior may change rapidly and the scene may become unsafe.

### **I. General Orders (see page 5)**

### **II. Causes, Signs and Symptoms**

- A. Situational stresses, mind altering substances - alcohol and drugs, psychiatric problems, psychological crises, bizarre thinking and behavior, danger to self, danger to others

### **III. Role of First Responder/Emergency Medical Care**

- A. Identify yourself and let the person know you are there to help
- B. Inform person of what you are doing
- C. Ask questions in a calm, reassuring voice
- D. Maintain a comfortable safe distance
- E. Encourage the patient to state what is troubling him/her
- F. **Do not** make quick moves
- G. Respond honestly to patient's questions
- H. **Do not** threaten, challenge, or argue with disturbed patients
- I. Tell the truth; **Do not** lie to the patient
- J. **Do not** "play along" with visual or auditory disturbances of the patient
- K. Involve trusted family members or friends
- L. Be prepared to stay at scene for a long time, always remain with the patient
- M. Avoid unnecessary physical contact, call additional help if needed
- N. Use good eye contact
- O. Restraining patients
  - 1. Restraint should be avoided unless patient is a danger to self and others
  - 2. When using restraints, have police present, if possible, and get approval from medical control and avoid unreasonable force

## **CARDIAC COMPROMISE**

### **I. General Orders (see page 5)**

### **II. Signs, and Symptoms**

- A. Squeezing, dull pressure, chest pain often radiating down the arms or to the jaw
- B. Sudden onset of sweating (diaphoresis)(this in and of itself is a significant finding)
- C. Difficulty breathing (dyspnea), shortness of breath
- D. Anxiety, irritability
- E. Feeling of impending doom
- F. Abnormal pulse rate (may be irregular)
- G. Abnormal blood pressure
- H. Epigastric pain
- I. Nausea/vomiting
- J. Change in skin color

**Note:** It is possible to have heart failure with no chest pain.

### **III. Role of the First Responder/Emergency Medical Care**

- A. Circulation - pulse absent
  - 1. CPR (see CPR, page 33) with AED (see AED, page 32)
    - a) less than 12 years old or less than 90 lbs. - CPR
    - b) if EMS-No CPR bracelet/form intact, follow protocol for EMS-No CPR
  - 2. Provide supplemental oxygen and/or ventilatory assistance as necessary, if not done during the Initial Patient Assessment (see Oxygen Delivery, page 36)
- B. Responsive patient with a known history - cardiac
  - 1. Place patient in position of comfort
  - 2. Provide supplemental oxygen and/or ventilatory assistance as necessary, if not done during the Initial Patient Assessment (see Oxygen Delivery, page 36)
  - 3. Assess O-P-Q-R-S-T
    - a) Onset, Provocation, Quality, Radiation, Severity, Time

**Note:** Unresponsive patient with a pulse present, refer to the Altered Mental Status protocol (see page 5 )

## **HEAT EXPOSURE**

### **I. General Orders (see page 5)**

### **II. Signs, and Symptoms**

- A. Muscular cramps
- B. Weakness or exhaustion
- C. Dizziness or faintness
- D. Rapid heart rate
- E. Altered mental status (see page 5)

### **III. Role of the First Responder/Emergency Medical Care**

- A. Cool patient by fanning, but may be ineffective in high humidity
- B. Place in recovery position

## **HYPOTHERMIA**

### **I. General Orders (see page 5)**

### **II. Signs, and Symptoms**

- A. Obvious exposure
- B. Subtle exposure
  - 1. Underlying illness
  - 2. Overdose/poisoning/Alcohol/Drugs
  - 3. Ambient temperature decreased (e.g., cool home of elderly patient)
- C. Cool/cold skin temperature
- D. Shivering
- E. Decreasing mental status or motor function - correlates with the degree of hypothermia
  - 1. Poor coordination/Dizziness
  - 2. Memory disturbances/confusion
  - 3. Reduced or loss of touch sensation
  - 4. Mood changes
  - 5. Less communicative and speech difficult
- F. Stiff or rigid posture and muscular rigidity
- G. Poor judgment - patient may actually remove clothing
- H. Complaints of joint/muscle stiffness

### **III. Role of the First Responder/Emergency Medical Care**

- A. Assess pulses for 30-45 seconds
  - 1. If no pulse, start CPR (see page 33)
- B. Remove the patient from the cold environment
- C. Protect the patient from further heat loss
  - 1. Cover the patient with a blanket
  - 2. Remove any wet clothing
  - 3. Protect the patient's modesty and ask bystanders to leave the area
- D. Handle the patient gently
- E. **Do not** allow the patients to walk or exert themselves
- F. **Do not** put anything in the patient's mouth, except as necessary to assure patency of airway
  - 1. **Do not** allow the patient to eat or drink stimulants or smoke
- G. **Do not** massage extremities

## **LOCAL COLD EMERGENCIES**

### **I. General Orders (see page 5)**

### **II. Signs, and Symptoms**

#### **A. Early or superficial injury**

1. Blanching of the skin - palpation of the skin in which normal color does not return
2. Loss of feeling and sensation in the injured area
3. Skin remains soft
4. If rewarmed, tingling sensation

#### **B. Late or deep injury**

1. White, waxy skin
2. Firm to frozen feeling upon palpation
3. Swelling may be present
4. Blisters may be present
5. If thawed or partially thawed, the skin may appear flushed with areas of purple and blanching or may be mottled and cyanotic

### **III. Role of the First Responder/Emergency Medical Care**

#### **A. Remove the patient from the environment**

#### **B. Protect the cold - injured extremity from further injury**

#### **C. Remove wet or restrictive clothing and jewelry**

#### **D. If early or superficial injury**

1. Manually stabilize the extremity
2. Cover the extremity
3. **Do not** rub or massage
4. **Do not** re-expose to the cold

#### **E. If late or deep cold injury**

1. Cover with dry clothing or dressings
2. **Do not:**
  - a) Break blisters
  - b) Rub or massage area
  - c) Apply heat
  - d) Rewarm
  - e) Allow the patient to walk on the affected extremity

## **RESPIRATORY EMERGENCIES**

### **I. General Orders (see page 5)**

### **II. Signs, and Symptoms**

- A. Anxious/restless
- B. Decreased breathing rate/Shortness of Breath (SOB) or increased breathing rate (gasping, grunting)
- C. Skin color changes (cyanotic, pale/clammy, redness/flushing)
- D. Abnormal airway noises(stridor, ineffective cough, wheezing, gurgling, snoring)
- E. Increased breathing effort (gasping, grunting)
- F. Inadequate chest wall motion
- G. Slow heart rate associated with slow respirations

### **III. Role of First Responder/Emergency Medical Care**

- A. Patient c/o SOB/inadequate respirations
  - 1. Remove obstruction if any (see Airway Obstruction, page 31)
  - 2. Provide supplemental oxygen and/or ventilatory assistance as necessary, if not done during Initial Patient Assessment, (See Oxygen Delivery, page 36)
  - 3. Allow patient to achieve position of comfort (POC)
    - a) Consider parent's lap for pediatric patient
- B. Pediatric Considerations
  - 1. Airway obstruction (see Airway Obstruction, page 31)
    - a) Use infant/child foreign body airway procedures if complete obstruction
    - b) If incomplete obstruction:
      - (1) Do not agitate patient
      - (2) allow patient position of comfort
    - c) Provide supplemental oxygen and/or ventilatory assistance as necessary, if not done during Initial Patient Assessment, (see Oxygen Delivery, page 36)
    - d) Allow patient to achieve position of comfort (parents lap prn, except during transport)

**Note:** **Do not** attempt to visualize oropharynx

## **SEIZURES**

### **I. General Orders (see page 5)**

### **II. Signs, and Symptoms**

Chronic medical conditions, fever, infections, poisoning including drugs and alcohol, low blood sugar, head injury, decreased levels of oxygen, brain tumors, complications of pregnancy, precardiac arrest, and unknown causes

**Note:** Support the patient; **Do not** worry about determining the cause of the seizure

### **III. Role of the First Responder/Emergency Medical Care**

- A. Protect the patient from the environment
- B. Protect modesty - ask bystanders to leave the area
- C. Provide oxygen and ventilatory assistance as necessary, if not done during Initial Patient Assessment (see Oxygen Delivery, page 36)
- D. After the seizure place patient in the recovery position if no possibility of spine trauma
- E. Never restrain the patient
- F. Do not put anything in the patient's mouth, except as necessary to assure patency of airway
- G. Have suction available, suction as necessary
- H. Describe the seizure activity to the next level of care

**Note:** Refer to pediatric seizures (see page 25)

## **BLEEDING**

### ***EXTERNAL BLEEDING***

#### **I. General Orders (see page 5)**

#### **II. Signs, and Symptoms**

##### **A. Arterial**

1. The blood spurts from the wound
2. Bright, red, oxygen rich blood

##### **B. Venous**

1. The blood flows as a steady stream
2. Dark, oxygen poor blood

##### **C. Capillary**

1. The blood oozes from a capillary and is dark red in color
2. The bleeding often clots spontaneously

#### **III. Role of the First Responder/Emergency Medical Care**

##### **A. Provide oxygen and ventilatory assistance as necessary, if not done during Initial Patient Assessment (see Oxygen Delivery, page 36)**

##### **B. Control Bleeding**

1. Direct pressure
2. Pressure point pressure
3. Pressure dressing and bandage
4. Elevate

### ***INTERNAL BLEEDING***

#### **I. General Orders (see page 5)**

#### **II. Signs, and Symptoms**

##### **A. Discolored, tender swollen or hard tissue**

##### **B. Increased respiratory and pulse rates**

##### **C. Pale, cool skin**

##### **D. Nausea and vomiting**

##### **E. Thirst**

##### **F. Mental status changes**

#### **III. Role of the First Responder/Emergency Medical Care**

##### **A. Provide oxygen and ventilatory assistance as necessary, if not done during Initial Patient Assessment (see Oxygen Delivery, page 36)**

##### **B. Manage external bleeding, if present**

##### **C. Position of comfort**

##### **D. Treat for shock (see Shock, page 17)**

## **BONE OR JOINT INJURIES**

### **I. General Orders (see page 5)**

### **II. Signs, and Symptoms**

- A. Deformity or angulation
- B. Pain and tenderness
- C. Grating
- D. Swelling
- E. Bruising (discoloration)
- F. Exposed bone ends
- G. Joint locked into position

### **III. Role of First Responder/Emergency Medical Care**

- A. Provide supplemental oxygen and/or ventilatory assistance as necessary, if not done during the Initial Patient Assessment (see Oxygen Delivery, page 36)
- B. After life threats have been controlled, splint injuries in preparation for transport
- C. Application of cold pack to area of painful, swollen, deformed extremity to reduce swelling
- D. Elevate the extremity, after splinting

## **BURNS**

### **I. General Orders (see page 5)**

### **II. Classification**

- A. Superficial involves only the outer layer of the skin
- B. Partial thickness involves the outer and middle layer of the skin
- C. Full thickness extends through all layers of the skin

### **III. Role of the First Responder/Emergency Medical Care**

- A. Stop the burning process initially with water or saline
- B. Remove smoldering clothing and jewelry
  - 1. Be aware that some clothing may have melted to the skin
  - 2. If resistance is met when removing the clothing, it should be left in place
  - 3. Protect modesty - ask bystanders to leave the area
- C. Provide oxygen and ventilatory assistance as necessary, if not done during Initial Patient Assessment (see Oxygen Delivery, page 36). Continuously monitor the airway for closure or difficulty breathing.
- D. Cover the burned area with a dry sterile dressing
- E. **Do not** use any type of ointment, lotion, or antiseptic
- F. **Do not** break blisters
- G. Monitor continuously for shock and treat as necessary (see Shock page )
- H. Special Considerations
  - 1. Chemical burns
    - a) Scene safety
    - b) Gloves and eye protection
    - c) Brush off dry powder
    - d) Flush with copious amounts of water
    - e) Consider eye burns if splash injury
  - 2. Electrical burns
    - a) Scene safety
    - b) Often more severe than external indications
    - c) Monitor the patient closely for respiratory or cardiac arrest
  - 3. Infant and child considerations
    - a) Greater surface area in relation to the total body size results in greater fluid and heat loss

**Note:** If patient needs to be transported, follow local burn center protocols as directed by medical control and regional patient care procedures.

## **HEAD INJURIES**

### **I. General Orders (see page 5)**

### **II. Signs and Symptoms**

- A. Open injuries may present with bleeding
- B. Closed injury may present
  - 1. Swelling
  - 2. Depression of skull bones
  - 3. Increased brain pressure (see Altered Mental Status, page 7)
  - 4. Scalp may bleed excessively because of the large number of blood vessels in the scalp
- C. Injury to the brain - injury of brain tissue or bleeding inside the skull may increase pressure on the brain

### **III. Role of the First Responder/Emergency Medical Care**

- A. Initial assessment with cervical and spinal immobilization should be done on scene with a complete detailed physical exam enroute
- B. Provide supplemental oxygen and/or ventilatory assistance as necessary, if not done during the Initial Patient Assessment (see Oxygen Delivery, page 36)
- C. Closely monitor the airway, breathing, pulse, and mental status for deterioration
- D. Control bleeding (see External Bleeding, page 13)
  - 1. **Do not** apply pressure to an open or depressed skull injury
  - 2. Dress and bandage open wound as indicated in the treatment of soft tissue injuries
- E. If a medical injury or non-traumatic injury exist, place patient on the left side

## **SHOCK (HYPOPERFUSION)**

### **I. General Orders (see page 5)**

### **II. Signs, and Symptoms**

- A. Extreme thirst
- B. Restlessness, anxiety
- C. Rapid, weak pulse
- D. Rapid, shallow respirations
- E. Mental status changes
- F. Pale, cool, moist skin

### **III. Role of the First Responder/Emergency Medical Care**

- A. Provide supplemental oxygen and/or ventilatory assistance as necessary, if not done during the Initial Patient Assessment (see Oxygen Delivery, page 36)
- B. Prevent further blood loss
- C. Keep patient calm, in position of comfort
- D. Protect the patient from heat loss
  - 1. Remove wet clothing, if any
    - a) Protect modesty - ask bystanders to leave the area
  - 2. Cover with blanket
- E. **Do not** give food or drink
- F. Provide care for specific injuries
- G. Elevate lower extremities if no possibility of spinal trauma

## **SPECIFIC TRAUMATIC INJURIES**

### **I. General Orders (see page 5)**

### **II. Types**

- A. Abrasion
- B. Laceration
- C. Penetration/puncture

### **III. Role of the First Responder/Emergency Treatment**

- A. Provide supplemental oxygen and/or ventilatory assistance as necessary, if not done during the Initial Patient Assessment (see Oxygen Delivery, page 36)
- B. Management of open soft tissue injuries
  - 1. Expose the wound
  - 2. Control the bleeding
  - 3. Prevent further contamination
  - 4. Apply sterile dressing to the wound and bandage securely in place
- C. Special Treatment Considerations
  - 1. Chest injuries -
    - a) An occlusive dressing should be applied to open wounds and sealed on three sides
    - b) Position of comfort if no spinal injury suspected
  - 2. Impaled objects
    - a) **Do not** remove the impaled object unless it is through the cheek or it would interfere with airway management or chest compressions
    - b) Manually secure the object
    - c) Expose the wound area
    - d) Control bleeding
    - e) Utilize a bulky dressing to help stabilize the object
  - 3. Eviscerations
    - a) Open injury with protruding organs
    - b) **Do not** attempt to replace protruding organs
    - c) Cover with thick moist dressing
  - 4. Amputations
    - a) Involves the extremities and other body parts
    - b) Massive bleeding may be present or bleeding may be limited
    - c) Locate and preserve the amputated part
      - (1) Wrap severed part in a dry sterile dressing
      - (2) Place the part in a plastic bag
      - (3) Keep cool
        - (a) Place the plastic bag containing the part in a larger bag or container with ice and water
        - (b) **Do not** use ice alone
        - (c) **Do not** use dry ice

### **IV. Transport**

**Note:** Refer to the trauma triage guidelines (see page 43)

## **SPINE INJURIES**

### **I. General Orders (see page 5)**

### **II. Signs, and Symptoms**

**Note:** Ability to walk, move extremities or feel sensation; or lack of pain to spinal column does not rule out the possibility of spinal column or cord damage

- A. Tenderness in the area of injury
- B. Pain associated with moving
- C. Tell the patient not to move while asking questions
- D. Pain independent of movement or palpation
  - 1. Along spinal column
  - 2. Lower legs
  - 3. May be intermittent
- E. Obvious deformity of the spine upon palpation
- F. Soft tissue injuries associated with trauma
  - 1. Head and neck to cervical spine
  - 2. Shoulders, back or abdomen - thoracic, lumbar
  - 3. Lower extremities - lumbar, sacral
- G. Numbness, weakness or tingling in the extremities
- H. Loss of sensation or paralysis below the suspected level of injury
- I. Loss of sensation or paralysis in the upper or lower extremities
- J. Incontinence

### **III. Role of First Responder/Emergency Medical Care**

- A. Establish and maintain in-line immobilization
- B. Perform initial assessment
  - 1. Assess pulse, motor and sensation in all extremities
  - 2. Assess the cervical region and neck
- C. Apply a rigid cervical immobilization device
- D. Immobilize the patient to a long spine board

### **IV. Transport**

**Note:** Refer to the trauma triage guidelines (see page 43)



## **CHILDBIRTH**

### **I. General Orders (see page 5)**

### **II. If Crowning Is Present, Prepare For Delivery**

### **III. First Responder Responsibilities/Emergency Medical Care**

- A. Use body substance isolation
- B. **Do not** touch vaginal areas except during delivery and when your partner is present
- C. **Do not** let the mother go to bathroom
- D. **Do not** hold mother's legs together
- E. If the head is not the presenting part this may be a complicated delivery
  - 1. Tell the mother not to push
  - 2. Update responding EMS resources
  - 3. Calm and reassure the mother
- F. Delivery procedures
  - 1. Have mother lie on her back with knees drawn up and legs spread apart
  - 2. Place absorbent, clean materials (sheets, towels, etc. ) under the patient's buttocks
  - 3. Elevate buttocks with blankets or pillow
  - 4. When the infant's head appears, place the palm of your hand on top of the delivering baby's head and exert very gentle pressure to prevent explosive delivery
  - 5. If the amniotic sac does not break or has not broken, tear it with your fingers and push it away from the infant's head and mouth
  - 6. As the infant's head is being born, determine if the umbilical cord is around the infant's neck
    - a) Attempt to slip the cord over the baby's head
    - b) If unsuccessful, attempt to alleviate pressure on the cord
  - 7. After the infant's head is born, support the head
  - 8. Suction the mouth and then the nostrils two or three times with the bulb syringe
    - a) Use caution to avoid contact with the back of the baby's mouth
    - b) If a bulb syringe is not available, wipe the baby's mouth and then the nose with gauze
  - 9. As the torso and full body are born, support the infant with both hands
  - 10. **Do not** pull on the infant
  - 11. As the feet are delivered, grasp the feet
    - a) Keep the infant level with the vagina
    - b) You may place the infant on the mother's abdomen for warmth
  - 12. When the umbilical cord stops pulsating, it should be tied with gauze between the mother and the newborn and the infant may be placed on the mother's abdomen
  - 13. Wipe blood and mucus from the baby's mouth and nose with sterile gauze; suction mouth, then the nose again
  - 14. Dry the infant
  - 15. Rub the baby's back or flick the soles of its feet to stimulate breathing
  - 16. Wrap the infant in a warm blanket and place the infant on its side, head slightly lower than trunk
  - 17. There is no need to cut the cord in a normal delivery. Keep the infant warm and wait for additional EMS resources who will have the proper equipment to clamp and cut the cord
  - 18. Record time of delivery

- 19.If there is a chance of multiple births, prepare for second delivery
- 20.Observe for delivery of placenta . This may take up to 30 minutes
- 21.If the placenta is delivered, wrap it in a towel with 3/4 of the umbilical cord and place in a plastic bag, and keep the bag at the level of the infant
- 22.Place sterile pad over vaginal opening, lower mother's legs, help her hold them together
- 23.Post delivery care of the mother
  - a) Keep contact with the mother throughout the process
  - b) Monitor respirations and pulse
  - c) Keep in mind that delivery is an exhausting procedure
  - d) Replace any blood soaked sheets and blankets while awaiting transport
- G. Vaginal bleeding following delivery
  1. Up to 300 - 500 ml blood loss is well tolerated by the mother following delivery but with continued blood loss, massage the uterus
    - a) Use hand with your fingers fully extended
    - b) Place the palm of your hand on lower abdomen above the pubis
    - c) Massage (knead) over area
  2. If bleeding continues, check massage technique

#### **IV. Initial Care Of The Newborn**

- A. Assessment of infant
- B. Position, dry, keep warm, and stimulate the newborn to breathe
- C. Wrap newborn in blanket and cover its head
- D. Repeat suctioning if necessary
- E. Continue to stimulate newborn if not breathing
  1. Flick soles of feet
  2. Rub infant's back
- F. If newborn does not begin to breathe or continues to have breathing difficulty after one minute, the First Responder must consider the need for additional measures
- G. Provide oxygen and ventilatory assistance as necessary, if not done during Initial Patient Assessment (see Oxygen Delivery, page 36)
  1. Ventilate at a rate of 40 breaths per minute
  2. Reassess after one minute. If heart rate is less than 80 beats per minute, a second rescuer should perform chest compressions

## **ASSESSMENT OF INFANTS AND CHILDREN**

### **I. General Orders (see page 5)**

### **II. Assess ABC**

- A. Airway - Do not hyperextend or hyperflex child's neck
- B. Breathing - Check for obstructions
- C. Circulation - Check capillary refill

**Note:** Consider Possible Domestic Violence Or Abuse By Adults

### **III. Anatomical and Physiological Concerns**

- A. Small airways are easily blocked by secretions and airway swelling
- B. Tongue is large relative to small mandible and can block airway in an unresponsive infant or child
- C. Positioning the airway is different in infants and children, Do not hyperextend the neck
- D. Infants are nose breathers, so suctioning a secretion - filled nasopharynx can improve breathing problems in an infant
- E. Children can compensate well for short periods of time for respiratory problems and shock
  - 1. Compensate by increasing breathing rate and increasing effort of breathing
  - 2. Compensation is followed rapidly by decompensation due to rapid respiratory muscle fatigue and general fatigue
- F. Risk of hypothermia; keep them warm

## **COMMON PROBLEMS IN INFANTS AND CHILDREN**

### ***PARTIAL AIRWAY OBSTRUCTION***

#### **I. General Orders (see page 5)**

#### **II. Signs, and Symptoms**

- A. Infant or child who is alert and sitting
- B. Stridor (high pitched inspiratory sound), crowing, or noisy
- C. Retractions on inspiration
- D. Pink
- E. Good peripheral perfusion
- F. Still alert, not unresponsive

#### **III. First Responder Responsibilities/Emergency medical care**

- A. Allow position of comfort; assist younger child to sit up; **Do not** lay down, may sit on parent's lap
- B. Clear airway and Refer to Foreign Body Airway Obstruction Appendix (See Airway Obstruction, page 31)
- C. **Do not** agitate child

### ***COMPLETE OBSTRUCTION***

#### **I. General Orders (see page 5)**

#### **II. Signs, and Symptoms**

- A. No crying or speaking and cyanosis
- B. Child's cough becomes ineffective
- C. Increased respiratory difficulty accompanied by stridor (high pitched inspiratory sound)
- D. Patient loses responsiveness
- E. Altered mental status

#### **III. First Responder Responsibilities/Emergency Medical Care**

- A. Clear airway and Refer to Foreign Body Airway Obstruction Appendix (See Airway Obstruction, page 31)
- B. Provide oxygen and ventilatory assistance as necessary, if not done during Initial Patient Assessment (see Oxygen Delivery, page 36)

### ***RESPIRATORY EMERGENCIES***

#### **I. General Orders (see page 5)**

#### **II. Signs, and Symptoms of Respiratory Distress**

- A. Precedes respiratory failure and is indicated by any of the following:
- B. Respiratory rate greater than 60 in infants (See Newborn, page 37)
- C. Respiratory rate greater than 30/40 in children
- D. Nasal flaring
- E. Intercostal retraction (between the ribs), supraclavicular (neck muscles), subcostal retractions (below the margin of the rib)
- F. Stridor (high pitched inspiratory sound)
- G. Cyanosis
- H. Altered mental status (combative, decreased mental status, unresponsive)
- I. Grunting

#### **III. Causes, Signs, and Symptoms of Respiratory Failure/Arrest**

- A. Breathing rate less than 10 per minute in a child
- B. Breathing rate of less than 20 per minute in an infant
- C. Limp muscle tone
- D. Unresponsive

- E. Slower, absent heart rate
- F. Weak or absent distal pulses
- G. Cyanosis and a slow heart rate

#### **IV. Role of the First Responder/Emergency Medical Care**

- A. Provide mouth-to-mask or barrier device ventilations
- B. Observe heart rate
- C. Provide oxygen and ventilatory assistance as necessary, if not done during Initial Patient Assessment (see Oxygen Delivery, page 36)

### **CIRCULATORY FAILURE**

#### **I. General Orders (see page 5)**

#### **II. Signs, and Symptoms of circulatory failure**

- A. Increased heart rate
- B. Unequal central and distal pulses
- C. Poor skin perfusion
- D. Mental status changes
- E. Role of the First Responder
- F. Provide supplemental oxygen and/or ventilatory assistance as necessary, if not done during the Initial Patient Assessment (see Oxygen Delivery, page 36)
- G. Observe for signs of cardiac arrest
- H. Begin CPR if not provided during Initial Patient Assessment (see CPR, page 33).  
If EMS NO-CPR from/bracelet intact, follow protocol for EMS NO-CPR

### **SEIZURES**

**Note:** Seizures, including seizures caused by fever (febrile), should be considered potentially life-threatening.

#### **I. General Orders (see page 5)**

#### **II. Role of the First Responder/Emergency Medical Care**

- A. Protect the patient from the environment
- B. Ask bystanders (except parents) to leave the area
- C. Place patient in the recovery position if no possibility of spine trauma
- D. Never restrain the patient
- E. **Do not** put anything in the patient's mouth, except as necessary to assure patency of airway
- F. Have suction available, suction as necessary
- G. Report assessment findings to additional EMS responses
- H. Patients who are actively seizing, bluish, and breathing inadequately should be ventilated. Provide supplemental oxygen and/or ventilatory assistance as necessary, if not done during the Initial Patient Assessment (see Oxygen Delivery, page 36)

**Note:** Seizures (see page 12)

### **ALTERED MENTAL STATUS**

#### **I. General Orders (see page 5)**

#### **II. Role of the First Responder/Emergency Medical Care**

- A. Provide oxygen and ventilatory assistance as necessary, if not done during Initial Patient Assessment (see Oxygen Delivery, page 36)
- B. Have suction available, suction as necessary
- C. Place in recovery position

## **GERIATRIC EMERGENCIES**

### **I. Observe For**

- A. General cleanliness of the environment
- B. Availability of food and water
- C. Hazards in the home
- D. Observe for signs of physical abuse/neglect (see page 27)
- E. If many medications, take them or a list of them to the hospital

### **II. Role of First Responder/Emergency Medical Care**

- A. Determine
  - 1. Establish quick and effective rapport with patient and family
  - 2. Level of function with his/her own function prior to problem
  - 3. Past medical history to assess present condition and anticipate effect of one disease on another
  - 4. If in long-term care, determine reason for their being there and present condition requiring EMS
- B. Emergency Medical Care
  - 1. Medical
    - a) Altered Mental Status (see page 7)
    - b) Behavioral Emergencies (see page 8)
    - c) Cardiac Compromise (see page 9)
    - d) Heat and cold emergencies (see pages 10 and 11)
  - 2. Trauma
    - a) Cause of trauma may be medical
    - b) Age > 60 at higher risk for mortality and morbidity
    - c) Treat according to trauma treatment protocols for specific injury (see pages 13 to 19)

## **ABUSE AND NEGLECT**

### **I. General Orders (see page 5)**

### **II. Signs, and Symptoms of Abuse**

- A. Multiple bruises in various stages of healing
- B. Injury inconsistent with mechanism described
- C. Patterns of injury
  - 1. Cigarette burns
  - 2. Whip marks
  - 3. Hand prints
- D. Repeated calls to the same address
- E. Fresh burns
  - 1. Not just any burns
    - a) Scalding
    - b) Glove, dip pattern
  - 2. Burns inconsistent with the history presented
  - 3. Untreated burns
- F. Caregiver seem inappropriately unconcerned
- G. Conflicting stories
- H. Fear discussing how the injury occurred
- I. CNS injuries - shaken baby syndrome
  - 1. Unresponsive/seizure
  - 2. Severe internal injuries
  - 3. No evidence of external injuries

### **III. Causes, Signs, and Symptoms of Neglect**

- A. Lack of supervision
- B. Malnourished appearance
- C. Unsafe living environment
- D. Untreated chronic illness; e. g., asthmatic with no medications
- E. Untreated soft tissue injuries

### **IV. Role of First Responder/Emergency Medical Care**

- A. **Do not** accuse in the field
  - 1. Accusation and confrontation delays transportation
  - 2. Report objective information to the transporting unit
- B. Reporting required by state law
  - 1. Local regulations
  - 2. Remain objective
    - a) Report what you see and what you hear
    - b) **Do not** comment on what you think
- V. Need for First Responder Debriefing
  - A. Especially in cases of abuse/neglect
  - B. Serious injury/death of a child
  - C. Principles for assessing behavioral emergency patients



# APPENDIX



## **AIRWAY OBSTRUCTION - FOREIGN BODY**

	Adult 8 years old	Child 1-8 years old	Infant birth to 1 year
Ventilations	10-12 per/min	20 per/min	20 per/min
If unable to ventilate, reposition head and reattempt ventilation. If still unsuccessful:			
Tongue/Jaw lift and Finger Sweep	If unconscious	If unconscious and object is seen	If unconscious and object is seen
Abdominal Thrusts	Sets of 5	Sets of 5	<b>Not Used</b>
Chest Thrusts	Only if victim pregnant or obese	<b>Not Used</b>	Sets of 5 back blows followed by 5 chest thrusts
Back Blows	<b>Not Used</b>	<b>Not Used</b>	
Continue the above sequence until successful. If patient resumes effective breathing, place in recovery position. If unable to clear airway within one minute, begin transport, continue sequence enroute, and consider ALS rendezvous.			

## **AUTOMATED EXTERNAL DEFIBRILLATION FOR VENTRICULAR FIBRILLATION AND PULSELESS VENTRICULAR TACHYCARDIA**

**CAUTION:** Automated external defibrillation is not used in cardiac arrest in children under 12 years of age and less than 90 lbs.

**Note:** Recommended treatment algorithm for ventricular fibrillation and pulseless ventricular tachycardia when ACLS cannot be provided and an automated external defibrillator and a trained provider are present.

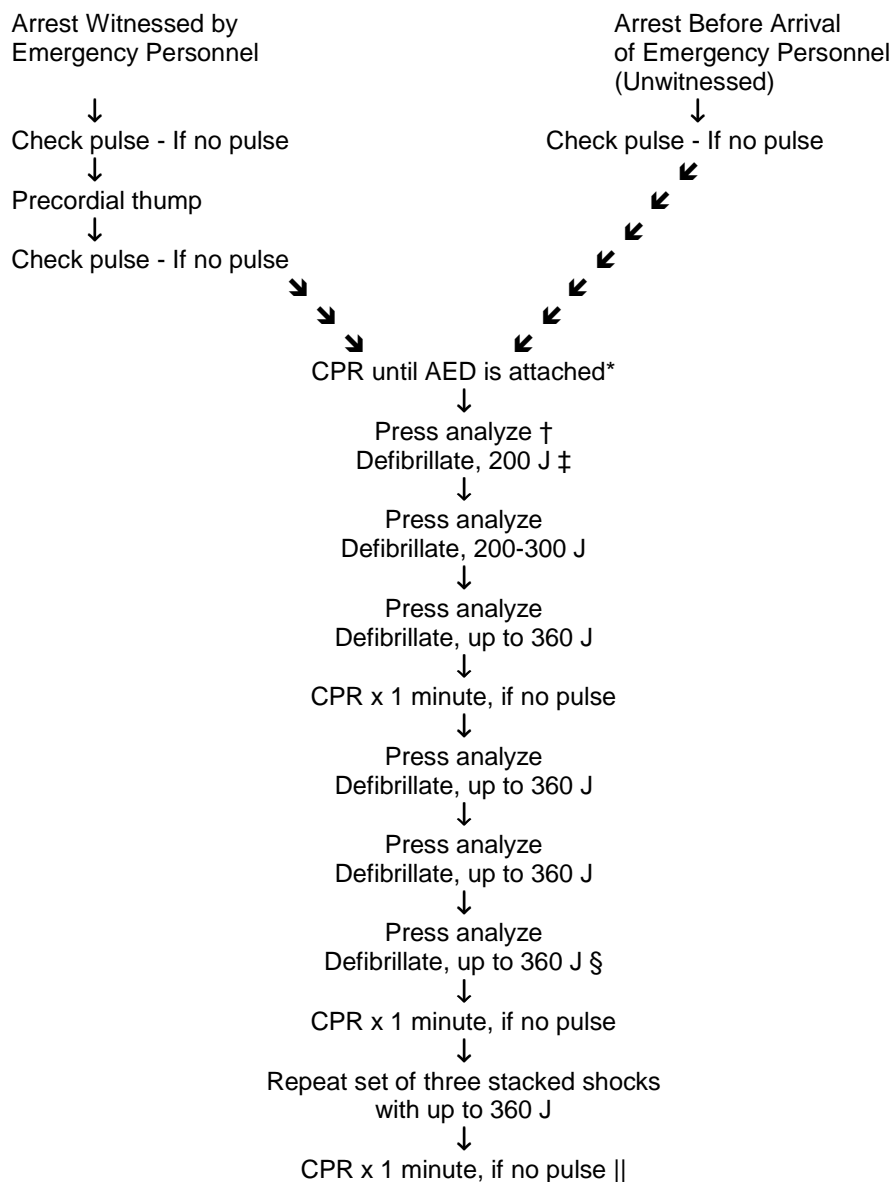
\* The single rescuer with an AED should verify unresponsiveness, open the airway (A), give two respirations (B), and check the pulse (C). If a full cardiac arrest is confirmed, the rescuer should attach the AED and proceed with the algorithm.

† If “no shock indicated” appears, check pulse, repeat 1 minute of CPR, and then reanalyze. After three “no shock indicated” messages are received, repeat analyze period every 1-2 minutes.

‡ Pulse check is not required after shocks 1, 2, 4, and 5 unless the “no shock indicated” message appears.

§ If ventricular fibrillation recurs after transiently converting (rather than persists without ever converting), restart the treatment algorithm from the top.

|| In the unlikely event that ventricular fibrillation persists after nine shocks, then repeat sets of three stacked shocks, with 1 minute of CPR between each set.



## **CARDIOPULMONARY RESUSCITATION**

	<b><i>Adult</i></b>	<b><i>Child</i></b>	<b><i>Infant</i></b>
Age	8 yrs. and older	1 - 8 yrs.	birth - 1 year
Duration of Each Ventilation	1 1/2 to 2 seconds	1 to 1 1/2 seconds	1 to 1 1/2 seconds
Pulse Check Location	carotid artery	carotid artery	brachial artery
Compression Depth	1 1/2 to 2 inches	1 - 1 1/2 inches	1/2 to 1 inch
One-rescuer CPR compression to ventilation ratio	15:2	5:1	5:1
Two-rescuer CPR compression to ventilation ratio	5:1	5:1	5:1

## **CHARTING**

### 1. S.O.A.P.

- Subjective - What is reported by the patient and others.
- Objective - What is observable, objective, measurable, or verifiable
- Assessment - What is your appraisal of the patient's condition, based on the subjective and objective findings
- Plan - What was done for the patient while in your care

### 2. C.H.A.R.T.

- Chief Complaint - The major problem with the patient
- History - Subjective information told to you by patient, family, etc. Follow the S.A.M.P.L.E.D. guideline
  - Symptoms
  - Allergies
  - Medication
  - Past medical history
  - Last Food\Beverage
  - Events prior
  - Description of patient
- Assessment - Physical findings, including vital signs
- Rendered Treatment - What you did for the patient and it's effect
- Transport/Transfer - How, where, who, transported. Changes during transport

## **CORE BODY TEMPERATURE**

**Note:** Use A Hypothermia Thermometer.

<b>CORE BODY TEMPERATURE</b>		<b>SYMPTOMS</b>
99 F-96 F	37.0 C-35.5 C	Shivering
95 F-91 F	35.5 C-32.7 C	Intense shivering. If conscious patient has difficulty speaking.
90 F-86 F	32.0 C-30.0 C	Shivering decreases. Strong muscular rigidity. Thinking is less clear, general comprehension is dulled, possible total amnesia. Muscle coordination erratic and jerky. Patient generally able to maintain the appearance of psychological contact with surroundings.
85 F-81 F	29.4 C-27.2 C	Irrational. Loses contact with environment drifts into a stuporous state. Muscular rigidity continues. Pulse and respirations are slow and cardiac arrhythmias may develop.
80 F-78 F	26.6 C-20.5 C	Patient loses consciousness and does not respond to spoken words. Most reflexes cease to function. Heart-beat becomes erratic.

## **DEAD ON ARRIVAL (DOA)**

- I. EMS personnel shall not initiate resuscitation measures in the following circumstances:**
  - A. The "obviously dead" are victims who, in addition to absence of respiration and cardiac activity, have suffered one or more of the following:
    1. Decapitation
    2. Evisceration of the heart or brain
    3. Incineration
    4. Rigor Mortis
    5. Decomposition
  - B. EMS NO-CPR directive and no pulse or respirations
- II. DOA victims will be reported to the appropriate authorities based on local procedures.**
- III. Consider critical incident stress debriefing for EMS personnel when involved with sudden, unexpected, accidental, traumatic and/or unexplained deaths, particularly if children are involved.**

## HELMET REMOVAL

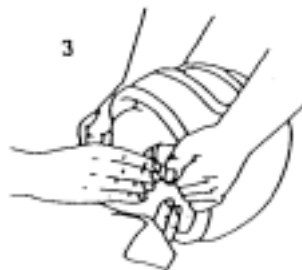
1. One rescuer applies in-line traction by placing his or her hands on each side of the helmet with the fingers on the victims mandible. This position prevents slippage if the strap loosens.



2. The rescuer cuts or loosens the straps or the D-rings while maintaining in-line tension.



3. A second rescuer places one hand on the mandible, at the angle, with the thumbs on one side and the long and index fingers on the other. With the other hand, the second rescuer also applies pressure from the occipital region. This maneuver transfers the in-line traction responsibility to the second rescuer.



4. The rescuer at the top removes the helmet, considering these three factors: A. The helmet is egg shaped and must be expanded laterally to clear the ears; B. Glasses must be removed prior to helmet removal; C. If the helmet provides full facial coverage, it must be raised over the nose and moved backwards.



5. The second rescuer must maintain in-line traction from below in order to prevent head tilt.



6. After the helmet is removed the rescuer at the top places his or her hands on either side of the victim's head with the palms over the ears.



7. In-line traction is maintained from above until a backboard and cervical collar are securely in place



## **OXYGEN DELIVERY**

<b>OXYGEN ADMINISTRATION REFERENCE CHART</b>		
Method	Flow Rate (in liters per minute)	% Oxygen Delivered
Room Air		21
Nasal Cannula (prongs)	1	24
	2	28
	4	31
Face Mask (simple)	6	35-40
	10	40-50
Nonrebreather Face Mask *(1)	12	80
	15	90
Face Mask with Oxygen Reservoir Bag	10-12	90
Pocket Mask	10	50
	15	80
	30	100 *(2)
Bag Valve Mask	Room Air	21
	12	40 - 90 *(3)
Positive Pressure Device (demand valve) *(4)	100	100
<p>*(1) Delivery system of choice for patients with inadequate breathing and patients who are cyanotic, cool clammy, short of breath, or suffering chest pain, suffering severe injuries, or displaying an altered mental status, or being transported.</p> <p>*(2) This is accomplished by occluding breathing port with thumb.</p> <p>*(3) Depends on brand of bag valve mask and provisions for occluding room air inlet.</p> <p>*(4) Should not be used on children under 12 years old.</p>		
<p><b>NOTES:</b></p> <ol style="list-style-type: none"> <li>Administration rates by nasal cannulae of over 4 L/min. are uncomfortable.</li> <li>Use humidified oxygen, when possible, on infants, children, suspected respiratory tract burns, and transports exceeding one hour duration.</li> <li>Bag Valve mask is not recommended for use in patients in transport situations.</li> <li>Most hypoxic patients will feel better with an increase in delivered oxygen from 21% to 24%.</li> <li>Pressure cycled ventilators are NOT acceptable alternatives to oxygen therapy.</li> <li>Percentages of delivered oxygen listed above are based on optimal conditions. Altitude, equipment, etc. may decrease percentages of delivered oxygen.</li> </ol>		

<b>OXYGEN BOTTLE VOLUME AND FLOW</b>				
Bottle Size	Volume in Liters	Time @ 5 L/min.	Time @ 10 L/min.	Time @ 15 L/min.
D	360	1 hr. 12 min.	36 min.	24 min.
E	625	2 hrs. 5 min.	1 hr. 3 min.	42 min.
M	3,200	10 hrs.	5 hrs.	3 hrs. 20 min.
G	5,300	17 hrs. 40 min.	8 hrs. 50 min.	5 hrs. 53 min.
H	6,900	23 hrs.	11 hrs. 30 min.	7 hrs. 40 min.
<ol style="list-style-type: none"> <li>The above values are based on full bottle (2,000 to 2,200 p.s.i.) @ 70 degrees F.</li> <li>Allow for pressure drop of 5 p.s.i. for every 1 degree drop in temperature below 70 degrees F.</li> </ol>				

## **PULSE, BLOOD PRESSURE, AND RESPIRATION - RANGES**

<b>NORMAL RANGES OF ARTERIAL BLOOD PRESSURES (mm/Hg)</b>			
Newborn	80 / 46	8-9 Years	106 / 58
6-12 Months	89 / 60	9-10 Years	108 / 58
1 Year	96 / 66	10-11 Years	112 / 58
2 Years	98 / 64	11-12 Years	114 / 60
3 Years	100 / 68	12-13 Years	116 / 60
4 Years	98 / 66	13-14 Years	118 / 60
5 Years	94 / 56	Male Adult	Systolic: Patient's Age + 100 (Up to 150 mmHg)  Diastolic: 60 to 90 mmHg
6-7 Years	100 / 56	Adult Female	Systolic: Patients Age + 90 (Up to 140 mmHg)  Diastolic: 50 to 80 mmHg

Note:

The systolic values given above may vary up or down from the mean significantly and still remain in the normal range as follows:

Newborn ..... + or - 16  
 6 Mos. - 4 Years ..... + or - 25  
 4 Years - 10 Years..... + or -16  
 10 Years - 14 Years..... + or -18

The diastolic values given above (for Newborn through 14 Years old) may vary up to + or - 24 mm/Hg from the mean and still remain in the normal range.

<b>NORMAL PULSE RATES (HEART BEATS PER MINUTE)</b>			
Newborn	110 - 150	6 Years	80 - 100
11 Months	100 - 140	8 Years	76 - 90
2 Years	90 - 110	10 Years	70 - 110
4 Years	80 - 120	Adult	60 - 100

<b>NORMAL RESPIRATORY RATES (RESPIRATIONS PER MINUTE)</b>			
Neonate	30 - 50	10 Years	14 - 22
2 Years	20 - 30	Adolescent and Adult	12 - 20

## **REPORTING CHILD AND DEPENDENT ADULT ABUSE**

### **26.44.030 Reports--Duty and authority to make--Duty of receiving agency--Duty to notify--Case planning and consultation--Penalty for unauthorized exchange of information--Filing dependency petitions--Interviews of children--Records--Risk assessment process--Reports to legislature.**

(1)(a) When any practitioner, professional school personnel, registered or licensed nurse, social service counselor, psychologist, pharmacist, licensed or certified child care providers or their employees, employee of the department, or juvenile probation officer has reasonable cause to believe that a child or adult dependent or developmentally disabled person, has suffered abuse or neglect, he or she shall report such incident, or cause a report to be made, to the proper law enforcement agency or to the department as provided in RCW 26.44.040.

(b) The reporting requirement shall also apply to any adult who has reasonable cause to believe that a child or adult dependent or developmentally disabled person, who resides with them, has suffered severe abuse, and is able or capable of making a report. For the purposes of this subsection, "severe abuse" means any of the following: Any single act of abuse that causes physical trauma of sufficient severity that, if left untreated, could cause death; any single act of sexual abuse that causes significant bleeding, deep bruising, or significant external or internal swelling; or more than one act of physical abuse, each of which causes bleeding, deep bruising, significant external or internal swelling, bone fracture, or unconsciousness.

(c) The report shall be made at the first opportunity, but; and in no case longer than forty-eight hours after there is reasonable cause to believe that the child or adult has suffered abuse or neglect. The report shall include the identity of the accused if known.

(2) The reporting requirement of subsection (1) of this section does not apply to the discovery of abuse or neglect that occurred during childhood if it is discovered after the child has become an adult. However, if there is reasonable cause to believe other children, dependent adults, or developmentally disabled persons are or may be at risk of abuse or neglect by the accused, the reporting requirement of subsection (1) of this section shall apply.

(3) Any other person who has reasonable cause to believe that a child or adult dependent or developmentally disabled person has suffered abuse or neglect may report such incident to the proper law enforcement agency or to the department of social and health services as provided in RCW 26.44.040.

(4) The department, upon receiving a report of an incident of abuse or neglect pursuant to this chapter, involving a child or adult dependent or developmentally disabled person who has died or has had physical injury or injuries inflicted upon him or her other than by accidental means or who has been subjected to sexual abuse, shall report such incident to the proper law enforcement agency. In emergency cases, where the child, adult dependent, or developmentally disabled person's welfare is endangered, the department shall notify the proper law enforcement agency within twenty-four hours after a report is received by the department. In all other cases, the department shall notify the law enforcement agency within seventy-two hours after a report is received by the department. If the department makes an oral report, a written report shall also be made to the proper law enforcement agency within five days thereafter.

(5) Any law enforcement agency receiving a report of an incident of abuse or neglect pursuant to this chapter involving a child or adult dependent or developmentally disabled person who has died or has had physical injury or injuries inflicted upon him or her other than by accidental means, or who has been subjected to sexual abuse shall report such incident in writing as provided in RCW 26.44.040 to the proper county prosecutor or city attorney for appropriate action whenever the law enforcement agency's investigation reveals that a crime may have been committed. The law enforcement agency shall also notify the department of all reports received and the law enforcement agency's disposition of them. In emergency cases, where the child, adult dependent, or developmentally disabled person's welfare is endangered, the law enforcement agency shall notify the department within twenty-four hours. In all cases, the law enforcement agency shall notify the department within seventy-two hours after a report is received by the law enforcement agency.

(6) Any county prosecutor or city attorney receiving a report under subsection (5) of this section shall notify the victim, any persons the victim requests, and the local office of the department of the decision to charge or decline to charge a crime within five days of making the decision.

(7) The department may conduct ongoing case planning and consultation with those persons or agencies required to report under this section with consultants designated by the department, and with designated representatives of Washington Indian tribes if the client information exchanged is pertinent to cases currently receiving child protective services or department case services for the developmentally disabled. Upon request, the department shall conduct such planning and consultation with those persons required to report under this section of the department determines it is in the best interests of the child or developmentally disabled person. Information considered privileged by statute and not directly related to reports required by this section shall not be divulged without a valid written waiver of the privilege.

(8) Any case referred to the department by a physician licensed under chapter 18.57 or 18.71 RCW on the basis of an expert medical opinion that child abuse, neglect, or sexual assault has occurred and that the child's safety will be seriously endangered if returned home, the department shall file a dependency petition unless a second licensed physician of the parents' choice believes that such expert medical opinion is incorrect. If the parents fail to designate a second physician, the department may make the selection. If a physician finds that a child has suffered abuse or neglect does not constitute imminent danger to the child's health or safety, and the department agrees with the physician's assessment, the child may be left in the parents' home while the department proceeds with reasonable efforts to remedy parenting deficiencies.

(9) Persons or agencies exchanging information under subsection (7) of this section shall not further disseminate or release the information except as authorized by state or federal statute. Violation of this subsection is a misdemeanor.

(10) Upon receiving reports of abuse or neglect, the department or law enforcement agency may interview children. The interviews may be conducted on school premises, at day care facilities, at the child's home, or other suitable locations outside the presence of parents. Parental notification of the interview shall occur at the earliest possible point in the investigation that will not jeopardize the safety or protection of the child or the course of the investigation. Prior to commencing the interview the department or law enforcement agency

shall determine whether the child wishes a third party to be present for the interview and, if so, shall make reasonable efforts to accommodate the child's wishes. Unless the child objects, the department or law enforcement agency shall make reasonable efforts to include a third party in any interview so long as the presence of the third party will not jeopardize the course of the investigation.

(11) Upon receiving a report of child abuse and neglect, the department of investigating law enforcement agency shall have access to all relevant records of the child in the possession of mandated reporters and their employees.

(12) The department shall maintain investigation records and conduct timely and periodic reviews of all cases constituting abuse and neglect. The department shall maintain a log of screened-out nonabusive cases.

(13) The department shall use a risk assessment process when investigating child abuse and neglect referrals. The department shall present the risk factors at hearings in which the placement of a dependent child is an issue. The department shall, within funds appropriated for this purpose, offer enhanced community-based services to persons who are determined not to require further state intervention.

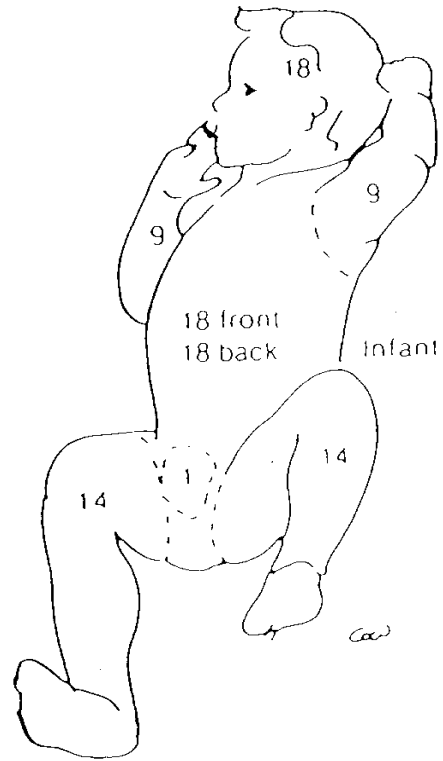
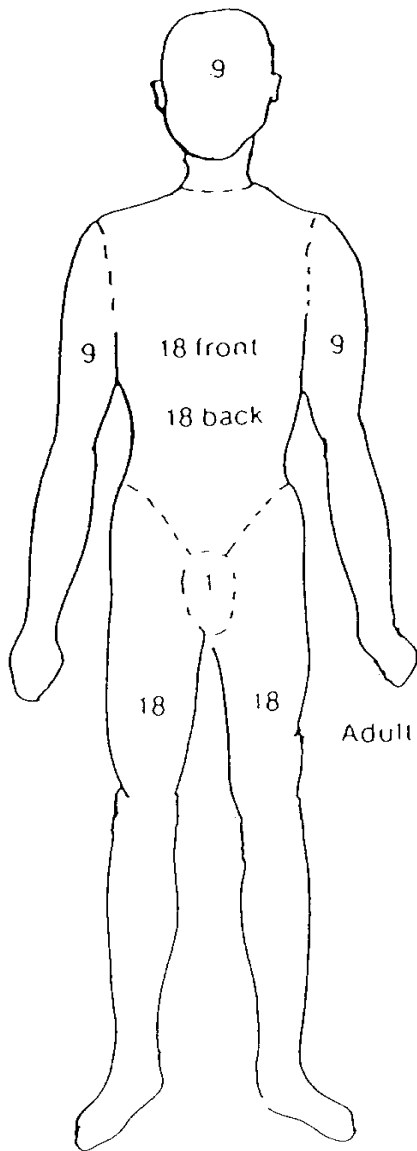
The department shall provide annual reports to the legislature on the effectiveness of the risk assessment process.

(14) Upon receipt of a report of abuse or neglect the law enforcement agency may arrange to interview the person making the report and any collateral sources to determine if any malice is involved in the reporting.

***The children of the state of Washington are the state's greatest resource and the greatest source of wealth to the State of Washington. Children of all ages must be protected from child abuse. Governmental authorities must give the prevention, treatment, and punishment of child abuse the highest priority, and all instances of child abuse must be reported to the proper authorities who should diligently and expeditiously take appropriate action, and child abusers must be held accountable to the people of the state for their actions.***

***The legislature recognized the current heavy caseload of government authorities responsible for the prevention, treatment, and punishment of child abuse. The information obtained by child abuse reporting requirements, in addition to its use as a law enforcement tool, will be used to determine the need for additional funding to ensure that resources for appropriate governmental response to child abuse are available.***

## RULE OF NINES - ESTIMATING BURNS



## **START TRIAGE APPENDIX**

### Simple Triage And Rapid Treatment

1. RPM method of identifying immediate patients;  
Respiration's, Perfusion, Mental status
2. Triage Criteria
  - A. Immediate (Red)  
Respiration's >30 per minute or absent until head repositioned, or  
Radial pulse absent or capillary refill > 2 seconds, or  
Can not follow simple commands
  - B. Delayed (Yellow)  
Respiration's present and < 30 per minute, and  
Radial pulse present, and can follow simple commands
    - The saying is 30 - 2 - can do, represents a delayed patient.
  - C. Minor (Green)  
Anyone that can get up and walk when you instruct them to do so.
  - D. Deceased (Black)  
Anyone not breathing after you open the airway
3. This system is limited to use in the incident where needs exceed resources immediately available
4. Frequently reassess patients and perform a more in-depth triage as more rescuers become available

## **STATE OF WASHINGTON**

### **PREHOSPITAL TRAUMA TRIAGE (DESTINATION) PROCEDURE**

#### **Purpose**

The purpose of the Triage Procedure is to ensure that **major** trauma patients are transported to the most appropriate hospital facility. This procedure has been developed by the Prehospital Technical Advisory Committee (TAC), endorsed by the Governor's EMS and Trauma Care Steering Committee, and in accordance with RCW 70.168 and WAC 246-976 adopted by the Department of Health (DOH).

The procedure is described in the schematic with narrative. Its purpose is to provide the prehospital provider with quick identification of a major trauma victim. If the patient is a major trauma patient, that patient or patients must be taken to the highest level trauma facility within 30 minutes transport time, by either ground or air. To determine whether an injury is major trauma, the prehospital provider shall conduct the patient assessment process according to the trauma triage procedures.

#### **Explanation of Process**

- A. **Any certified EMS and Trauma person can identify a major trauma patient and activate the trauma system.** This may include requesting more advanced prehospital services or aero-medical evacuation.
- B. **The first step (1) is to assess the vital signs and level of consciousness.** The words "Altered mental status" mean anyone with an altered neurologic exam ranging from completely unconscious, to someone who responds to painful stimuli only, or a verbal response which is confused, or an abnormal motor response.
- C. The "and/or" conditions in Step 1 mean that any one of the entities listed in Step 1 can activate the trauma system.
- D. Also, the asterisk (\*) means that if the airway is in jeopardy and the on-scene person cannot effectively manage the airway, the patient should be taken to the nearest medical facility or consider meeting up with an ALS unit. These factors are true regardless of the assessment of other vital signs and level of consciousness.
- E. **The second step (2) is to assess the anatomy of injury.** The specific injuries noted require activation of the trauma system. Even in the assessment of normal vital signs or normal levels of consciousness, the presence of any of the specific anatomical injuries does require activation of the trauma system.
- F. Please note that steps 1 and 2 also require notifying Medical Control.
- G. **The third step (3) for the prehospital provider is to assess the biomechanics of the injury and address other risk factors.** The conditions identified are reasons for the provider to contact and consult with Medical Control regarding the need to activate the system. They do not automatically require system activation by the prehospital provider.
- H. Other risk factors, coupled with a "gut feeling" of severe injury, means that Medical Control should be consulted and consideration given to transporting the patient to the nearest trauma facility.
- I. Please note that certain burn patients (in addition to those listed in Step 2) should be considered for immediate transport or referral to a burn center/unit.

#### **Patient Care Procedures**

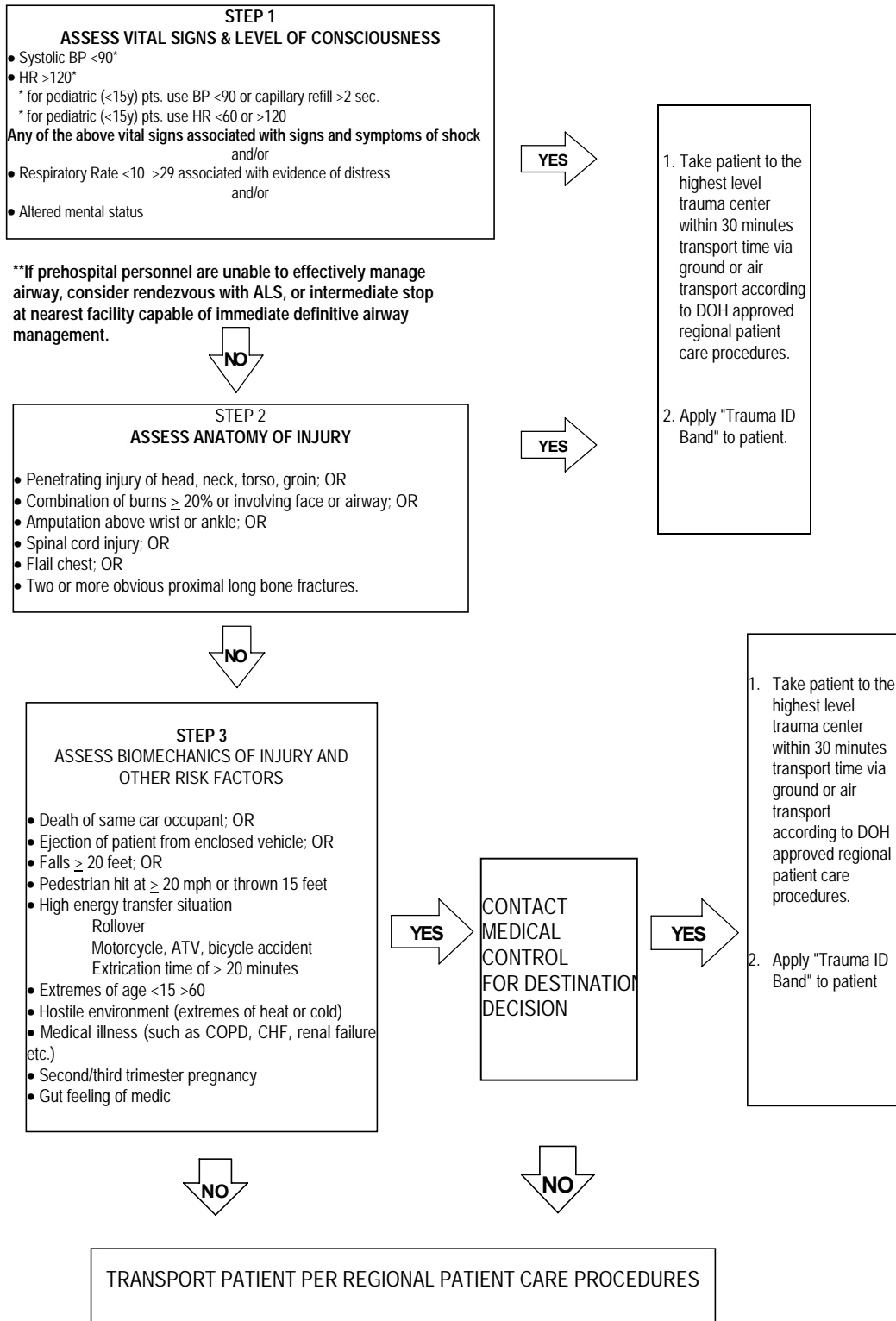
To the right of the attached schematic you will find the words "according to DOH approved regional patient care procedures." These procedures are developed by the regional EMS and Trauma council in conjunction with local councils. They are intended to further define how the system is to operate. They identify the level of medical care personnel who participate in the system, their roles in the system, and participation of hospital facilities in the system. They also address the issue of inter-hospital transfer, by transfer agreements for identification, and transfer of critical care patients.

In summary, the Prehospital Trauma Triage Procedure and the Regional Patient Care Procedures are intended to work in a "hand in glove" fashion to effectively address EMS and Trauma patient care needs. By functioning in this manner, these two instruments can effectively reduce morbidity and mortality.

If you have any questions on the use of either instrument, you should bring them to the attention of your local or regional EMS and Trauma council or contact 1-800-458-5281.

# STATE OF WASHINGTON PREHOSPITAL TRAUMA TRIAGE (DESTINATION) PROCEDURES

- Prehospital triage is based on the following 3 steps: **Steps 1 and 2 require prehospital EMS personnel to notify medical control and activate the Trauma System.** Activation of the Trauma System in Step 3 is determined by medical control\*\*



## **COMMON MEDICAL ABBREVIATIONS**

1°	Primary, first degree
2°	Secondary, second degree
3°	Tertiary, third degree
<,≤	Less than, less than or equal to
>,≥	Greater than, greater than or equal to
≅	Approximately equal to
α	Alpha
ā	Before
abd	Abdomen
Ā	With
c/o	Complaining of
CA	Cancer
CAO	Conscious, alert, orientated
CHF	Congestive heart failure
COPD	Chronic obstructive pulmonary disease
cx	Chest
Dx	Diagnosis
♀	Female
Fx	Fracture
g, gm	Gram
GI	Gastrointestinal
gr	Grain
gtt	Drop
HA	Headache
HTN	Hypertension
Hx	History
LOC	Level of consciousness
♂	Male
MI	Myocardial infarction
min	Minute
N&V	Nausea, vomiting
NTG	Nitroglycerin
p	After
p.o.	By mouth, orally
p.r.n.	As needed
q	Every
Rx	Prescribed for
s	Without
Sz	Seizure
↓	Decreased
↑	Increased
∇	Change
∅	No, none

## GLOSSARY

ABC.....	Assess for and treat as necessary life threatening <u>A</u> irway, <u>B</u> reathing, and <u>C</u> irculatory problems during the Initial Patient Assessment.
ABORTION.....	The premature expulsion from the uterus of the embryo or a nonviable fetus.
ALS.....	<u>A</u> dvance <u>L</u> ife <u>S</u> upport.
AMBULATE .....	To walk about.
ANCILLARY.....	Subordinate or dependent muscles, breathing without usual chest wall movement.
APHASIA.....	A defect in speaking or comprehending in the normal fashion, caused by injury or disease in the brain centers regulating speech.
APNEA.....	Absence of breathing.
ASPHYXIA.....	Suffocation.
AUSCULTATION.....	The technique of listening for and interpreting sounds that occur within the body, usually with a stethoscope.
AVPU .....	<u>A</u> lert, responds to <u>V</u> erbal stimulus, responds to <u>P</u> ainful stimulus, <u>U</u> nresponsive.
BCLS.....	<u>B</u> asic <u>C</u> ardiac <u>L</u> ife <u>S</u> upport
BILATERAL .....	Pertaining to both sides.
BLANCHING.....	Palpation of the skin following which the normal skin color does not return.
BLS .....	<u>B</u> asic <u>L</u> ife Support.
BM.....	<u>B</u> owel <u>M</u> ovement.
BSI .....	<u>B</u> ody <u>S</u> ubstance <u>I</u> solation precautions (universal precautions).
BRACHIAL.....	Pertaining to the arm.
BREECH BIRTH.....	A delivery in which the presenting part is the buttocks or foot.
BRONCHITIS .....	Inflammation of the bronchi.
BURN.....	An injury caused by extremes of temperature, electric current, or certain chemicals.
FIRST DEGREE .....	A burn affecting only the outer skin layers.
SECOND DEGREE .....	A partial thickness burn penetrating beneath the superficial skin layers, producing edema and blistering.
THIRD DEGREE.....	A full thickness burn, involving all layers of the skin and underlying tissues as well, having a charred or white, leathery appearance.
CAROTID.....	One of the main arteries of the neck supplying blood to the head.
CENTRAL NERVOUS SYSTEM (CNS).....	The brain and spinal cord.
CEREBROSPINAL FLUID (CSF).....	The fluid that bathes the brain and spinal cord.
CEREBROVASCULAR ACCIDENT (CVA) .....	The sudden cessation of circulation to the region of the brain, caused by thrombus, embolism or hemorrhage. It is sometimes called a stroke.

## CHEYNE-STOKES

RESPIRATION.....An abnormal breathing pattern characterized by rhythmic waxing and waning of the depth of respiration, with regularly occurring periods of apnea) It is seen in association with central nervous system dysfunction.

## CHRONIC OBSTRUCTIVE PULMONARY

DISEASE (COPD).....A term comprising chronic bronchitis, emphysema, and sometimes asthma-illnesses that cause obstructive problems in the lower air ways.

COMA.....A state of unconsciousness from which the patient cannot be aroused, even by powerful stimulation.

COMA POSITION .....A body position which allows the unconscious patient (non-traumatic) to breathe without obstruction from oral bleeding or drainage.

CONTRAINDICATION .....Any condition which renders a particular line of treatment improper or undesirable.

CONVULSION.....A violent, involuntary contraction or series of contractions of the voluntary muscles; a "fit;" a seizure.

CPR .....Cardiopulmonary Resuscitation.

CREPITUS .....A grating sound heard and a sensation felt when the fractured ends of a bone rub together.

CROWNING .....The stage of birth when the presenting part of the baby is visible at the vaginal orifice.

CYANOSIS .....Bluish color to the skin, associated with hypoxia.

DCAP-BTLS .....acronym for Deformities, Contusions, Abrasions, Punctures or penetrations, Burns, Tenderness, Laceration, and Swelling.

## DECEREBRATE

POSTURE .....A posture assumed by patients with severe brain dysfunction, characterized by extension and rotation of the arms and extension of the legs.

## DECORTICATE

POSTURE .....A posture assumed by patients with severe brain dysfunction, characterized by extension of the legs and flexion of the arms.

## DETAILED

PHYSICAL EXAM .....A head to toe examination at a slower pace than the rapid assessment or Initial Patient Assessment and only done on low priority patients or in the transport mode with high priority patients.

DIABETES MELLITUS.....A systemic disease affecting many organs, including the pancreas, whose failure to secrete insulin causes an inability to metabolize carbohydrate and consequent elevations in blood sugar.

DIAPHORESIS .....Profuse perspiration.

DOA.....Dead On Arrival.

DOT .....Department Of Transportation.

DOTS.....Assessment of Deformities, Open injuries, Tenderness, Swelling

DYSPNEA .....Difficulty in breathing, with resultant rapid, shallow respirations.

EDEMA.....The condition in which excess fluid accumulates in body tissue, manifested by swelling.

EMBOLISM.....A mass (embolus, singular; emboli, plural) of solid, liquid or gaseous material that is carried in the circulation and may

	lead to occlusion of blood vessels, with resultant infarction and necrosis of tissue supplied by those vessels.
EMPHYSEMA.....	Infiltration of any tissue by air or gas; a chronic pulmonary disease caused by dissension of the alveoli and destructive changes in the lung.
EMS .....	Emergency <u>M</u> edical <u>S</u> ervices.
EMS-MPD.....	Emergency <u>M</u> edical <u>S</u> ervices- <u>M</u> edical <u>P</u> rogram <u>D</u> irector.
Emergency Medical Technician (EMT) .....	A person certified to provide Emergency Medical Technician care per RCW 18.17.081
EPIGASTRIUM.....	The upper central portion of the abdomen within the sternal angle.
ETA .....	<u>E</u> stimated <u>T</u> ime of <u>A</u> rrival.
ETIOLOGY .....	The causative agent of a disease.
EVISCERATE .....	To remove the intestines; to disembowel.
EXSANGUINATE .....	To bleed to death.
EXTRAVASATION .....	Leakage of intravenous fluid into surrounding tissues.
FEBRILE .....	Characterized by fever.
FIRST RESPONDER .....	A person certified to provide First Responder care per RCW 18.73.081.
FLAIL CHEST .....	The condition in which several ribs are broken, each in at least two places, or in which there is sternal fracture or separation of the ribs from the sternum, producing a free or floating segment of the chest wall that moves paradoxically on respiration.
FLEXION .....	The act of bending.
FOCUSED PHYSICAL EXAM.....	The step of patient assessment that follows the Initial Patient Assessment of the medical patient
GLASGOW COMA SCALE .....	A measurement tool used to accurately record the patient's level of consciousness at regular intervals.
GRAND MAL SEIZURE .....	A generalized motor seizure
HEAT CRAMPS.....	Painful muscle cramps resulting from excessive loss of salt and water through sweating.
HEAT EXHAUSTION .....	Prostration caused by excessive loss of water and salt through sweating It is characterized by cold, clammy skin and a weak, rapid pulse.
HEAT STROKE .....	A life-threatening condition caused by a disturbance in the temperature regulating mechanism. It is characterized by extreme fever, hot and dry skin, bounding pulse, and delirium or coma.
HYPERGLYCEMIA.....	Abnormally increased concentration of sugar in the blood.
HYPERTHERMIA .....	Abnormally increased body temperature.
HYPERVENTILATION .....	An increased rate and/or depth of respiration.
HYPOGLYCEMIA .....	Abnormally diminished concentration of sugar in the blood.
HYPO-PERFUSION .....	Decreased perfusion to the body's tissue, also called shock.
HYPOTHERMIA .....	Having a body temperature below normal.
HYPOVOLEMIA .....	Abnormally decreased amount of blood and fluids in the body.
HYPOXIA.....	Reduction of oxygen in body tissues below normal levels.
INFARCTION.....	Death (necrosis) of a localized area of tissue caused by the cutting off of its blood supply.
INITIAL PATIENT	

ASSESSMENT .....	A step to quickly determine if the patient is suffering from any life threatening injuries or illnesses.
INSUFFICIENCY .....	The condition of being inadequate to normal performance.
INSULIN SHOCK .....	Severe hypoglycemia caused by excessive insulin dosage with respect to sugar intake It may be characterized by bizarre behavior, sweating, tachycardia, or coma.
INTERMEDIATE LIFE SUPPORT	
TECHNICIAN (ILST) .....	A person who has been certified to practice as an intermediate Life Support Technician per RCW 18.71.200.
JVD .....	<u>J</u> ugular <u>V</u> ein <u>D</u> istention
KILOGRAM .....	A measure of weight equaling 2.2 pounds.
LAVAGE .....	To wash out, or irrigate.
LETHARGY .....	A condition of drowsiness or indifference.
MAST .....	<u>M</u> ilitary <u>A</u> nti- <u>S</u> hock <u>T</u> rousers.
Medical Program Director	
(MPD) .....	The physician in each county certified by the Department of Health to carry out the duties of the MPD.
MENSTRUATION .....	The process by which the uterine lining is shed each month by women between the ages of puberty and menopause.
MIR .....	<u>M</u> edical <u>I</u> ncident <u>R</u> eport form.
MOI .....	<u>M</u> echanism <u>O</u> f <u>I</u> njury
MISCARRIAGE .....	A layman's term for an abortion, or the premature expulsion of a nonliving fetus from the uterus.
NECROSIS .....	The death of tissue, usually caused by a cessation of its blood supply.
NEUROLOGICAL FLOW	
SHEET .....	A written record of vital signs and level of consciousness used in patients with altered levels of consciousness.
N.H.T.S.A. ....	National Highway Traffic Safety Administration
NORMAL SALINE .....	A solution containing 0.9% sodium chloride.
OCCLUSIVE DRESSING.....	A watertight covering for a wound.
O-P-Q-R-S-T .....	Mnemonic device used to assess the patient's chief complaint or major symptoms, <u>O</u> nset, <u>P</u> rovocation, <u>Q</u> uality, <u>R</u> adiation, <u>S</u> everity, <u>T</u> ime.
O <sub>2</sub> .....	Oxygen
PARADOXICAL	
RESPIRATION .....	The situation in which attempts to inhale cause collapse of a portion of the chest wall instead of expansion It is seen in flail chest.
PARAMEDIC .....	A person certified to engage in paramedic practices per RCW 18.71.200.
PARENCHYMA .....	The essential or functional elements of an organ.
PATIENT CARE	
PROCEDURES (P.C.P.s) .....	Written operating guidelines adopted by the regional EMS/TC council per WAC 246-976-010.
PERINEUM.....	That area of the anatomy bounded anteriorly by the pubic symphysis and posteriorly by the coccyx.
PERIORAL .....	Around the mouth.
PERIORBITAL.....	Around the eye.
PETIT MAL SEIZURE .....	A type of epileptic attack seen especially in children, characterized by momentary loss of awareness without loss of motor tone.
PLACENTA .....	A vascular organ attached to the uterine wall, supplying oxygen and nutrients to the fetus; also called the afterbirth.

PMS .....	<u>P</u> ulse, <u>M</u> ovement, <u>S</u> ensation.
PNEUMOTHORAX.....	Air in the pleural cavity.
POC .....	<u>P</u> osition <u>O</u> f <u>C</u> omfort.
POSTICTAL.....	Referring to the period after the convulsive state of a seizure.
POSTPARTUM.....	Occurring after childbirth, with reference to the mother.
p.r.n.....	Abbreviation meaning; as circumstances may require, as necessary.
PROLAPSED CORD .....	A delivery in which the umbilical cord appears at the vaginal orifice before the head of the infant.
PRONE .....	Lying flat with the face downward.
PROPHYLAXIS .....	Taking measures to prevent the occurrence of a given disease or abnormal state.
PROTOCOL .....	Written procedures adopted by the MPD which direct the out-of-hospital emergency care per WAC 246-976-010.
PSDE .....	<u>P</u> ainful, <u>S</u> wollen, <u>D</u> eformed, <u>E</u> xtremity, formerly referred to as a fracture.
PSYCHOSIS.....	A mental disorder causing disintegration of personality and loss of contact with reality.
PULMONARY EDEMA.....	Congestion of the pulmonary air spaces with exudate and foam.
RAPID ASSESSMENT .....	The step of patient assessment that follows the Initial Patient Assessment of the high priority trauma patient. A rapid assessment of the head, neck, chest, abdomen, pelvis, extremities and posterior of the body to detect Causes, Signs, and Symptoms of injury.
RCW .....	Revised Code of Washington
RECOVERY POSITION.....	The patient positioned on his/her left side, used to help maintain an open airway by preventing the tongue from occluding the posterior aspect of the mouth and allowing gravity to assist in draining secretions.
RESPIRATORY INSUFFICIENCY .....	A condition which results in inadequate oxygen and carbon dioxide exchange in the lungs and tissues, due to disease or injury.
SAMPLE .....	history, acronym for <u>S</u> igns and <u>S</u> ymptoms, <u>A</u> llergies, <u>M</u> edications, <u>P</u> ast pertinent medical history, <u>L</u> ast oral intake, <u>E</u> vents leading to illness or injury
SHOCK.....	A state of inadequate tissue perfusion (hypoperfusion), which may be caused by pump failure (cardiogenic shock), volume loss (hypovolemic shock), vasodilatation (neurogenic shock), or any combination of these.
SOB .....	<u>S</u> hortness <u>O</u> f <u>B</u> reath
STATUS EPILEPTICUS.....	The occurrence of two or more seizures without a period of complete consciousness between them.

## SUBCUTANEOUS

EMPHYSEMA.....A condition in which trauma to the lung or airway results in the escape of air into the tissues of the body, especially the chest wall, neck, and face, causing a crackling sensation on palpation of the skin.

## SUPERVISING

PHYSICIAN .....A physician designated by the EMS MPD to be responsible for the supervision of medical treatment procedures for BLS and ALS technicians.

SUPINE .....Lying flat with the face upward.

TACHYCARDIA.....A rapid heart rate, over 100 per minute.

## TENSION

PNEUMOTHORAX .....The situation in which air enters the pleural space through a one-way valve defect in the lung, causing progressive increase in intrapleural pressure, with lung collapse and impairment of circulation.

THROMBUS .....A fixed clot that forms inside a blood vessel.

TOXIN.....A poison manufactured by bacteria or other forms of animal or vegetable life.

TRACHEAL DEVIATION .....A lateral shift in the position of the trachea so it no longer appears in the midline of the neck.

TRAINING PHYSICIAN.....A physician designated by the EMS-MPD to be responsible for BLS and ALS training programs.

## TRENDELENBURG

POSITION .....The position in which a patient is placed on his back with legs raised and head lowered.

TRIAGE .....A system used for categorizing and sorting patients according to the severity of their problems.

## VENTRICULAR FIBRILLATION

(VF or V-Fib).....A disorganized series of electrical stimulations which disrupts the heart's pumping and cuts off the cardiac output.

VITAL SIGNS .....Pulse, blood pressure, respiration, skin color, and pupil size.

WAC .....Washington Addministrative Code

If you would like a copy of these protocols please write:

Office of Emergency Medical and Trauma Prevention  
Post Office Box 47853  
Olympia, Washington 98504-7853

or call:

(800) 458-5281 (in Washington)  
(360) 705-6700

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